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Extreme Heat Health Advisory Issued for Milwaukee County **Residents advised to take precautions during 4th of July Activities**

The National Weather Service has issued a heat advisory for Milwaukee County beginning Tuesday morning for Southeastern Wisconsin, including Milwaukee County. Heat indices are expected to reach 100-105, creating potentially deadly conditions for residents, especially those most susceptible to heat related illness. These include the elderly, very young and anyone with chronic underlying conditions such as diabetes, cardiovascular, respiratory or mental health illness.

The City of Milwaukee Health Department (MHD) is advising citizens to take precautions during 4th of July activities since weather is expected to continue to be very hot and humid through the week and into the weekend. While many people will be outdoors to enjoy holiday activities including barbecues, family gatherings and fireworks displays, the MHD recommends taking the following precautions:

- When outdoors, stay in the shade as much as possible. Try to spend some time in air-conditioned spaces or in buildings as much as possible.
- Drink plenty of water throughout the day regardless of thirst. Avoid consuming caffeinated or alcoholic beverages, as these can exacerbate heat effects during extreme hot weather.
- Avoid exercising or any strenuous activity outdoors during periods of extreme hot weather. Slow down and maintain a pace that is not exhausting.
- Be aware of symptoms of heat-related illness. Seek appropriate medical care immediately should any family member, relative or friend exhibit symptoms (profuse sweating, pale skin, nausea, disorientation).
- Use cool water on towels or sponges to lower body temperature and provide relief from intense heat during the day.
- Reconsider being outdoors during periods of extreme heat and instead stay indoors in air-conditioned spaces or basements of homes (which can be 10-15 degrees cooler than first floor living spaces).

Many Milwaukee County swimming pools will have extended hours of operation on July 3rd. In addition, other cool spots will be open including Milwaukee County Senior Centers, Libraries and MPS playgrounds. Shopping malls and movie theatres are also good air conditioned spaces to seek relief from the heat. Further information can be found at www.milwaukee.gov/health